

Remembering Sept. 11, 2001

*We claim this ground in remembrance
of the events of September 11, 2001.*

*To honor the 184 people whose lives were
lost, their families, and all who sacrifice
that we may live in freedom*



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Jungle School cadre share memories of 9/11

SPC. PETER WALSER

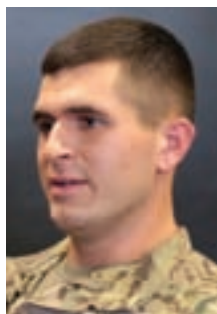
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — America experienced a devastating attack on Sept. 11, 2001, as four commercial airplanes were hijacked and crashed into the World Trade Center and the Pentagon – killing many citizens who were mourned by their family members.

Although a painful memory, the Lightning Academy cadre at the 25th Infantry Division's Jungle Operations Training Center shared their memories of 9/11.

Memories

"When 9/11 happened, I was in the fourth grade. I didn't really know what was going on at the time," instructor Staff Sgt. Larry Potter said. "They brought a TV in, and we saw the second plane hit, but I was a



Potter

kid. I didn't really understand what I was watching."

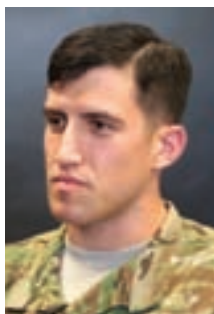
Capt. Austin Rutherford, JOTC operations officer, recalled, "I was at a friend's house. I grew up home-schooled, so we were doing school at his house when his mom got a call."

The mother of his childhood friend brought them into her living room and switched on the television to witness a second plane already wreaking havoc on the towers.

"It was a bit surreal," Rutherford said. "It was the first time that I was aware of us being attacked."

Spc. Jesse Wooley, Lightning Academy orderly room clerk, recalled that he was in second grade on 9/11.

"I vaguely remember sitting on the floor in our classroom, and someone came in and told the teacher what had



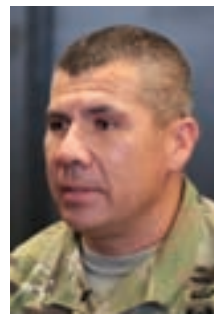
Rutherford

happened," Wooley said. "Come to find out, she had family in New York, so she started calling her brother."

Wooley's second grade classroom watched as the second plane collided with the building. "I think I remember going home early that day, because the whole school district was freaking out."

Sgt. Amber Kaneakalau, comms representative for the JOTC, said that she was on her way to a university class when the event occurred.

"When I got to class, they had told us what had happened, so they sent everyone home for the day. By the time I had gotten to my room, the other plane had hit. It was kind of surreal when I had seen them collapse completely down," Ka-



Wooley

neakalau said.

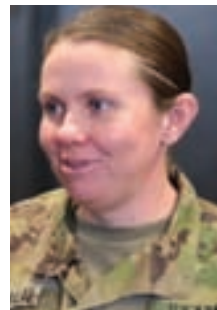
The veterans also shared their thoughts on patriotic service to the country.

For Kaneakalau, serving in the Army means becoming a part of something greater than her. For Potter, serving in the Army is kind of like being in a big family.

"You have your brothers and your sisters. Everyone takes care of everyone," Potter said. "I know that I can call up guys who I first served with when I got in, and they'll still take care of me. They're there for me."

According to Wooley, it takes a special type of person to live up to the responsibility and duty of being a Soldier.

"Anyone who serves should be proud of what they do," Wooley said.



Kaneakalau

HAWAII ARMY WEEKLY

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LEADERSHIP VISITS



Photo by Christine Cabalo, Oahu Publications

WAHIAWA — Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment, tours the Kukaniloko Birth Site, Aug. 23. The Army has worked to preserve the cultural site by assisting in purchasing surrounding lands through the Army Compatible Use Buffer Program

Tom Lenchanko of the Wahiawa Hawaiian Civic Club explains how the stones found at the site were used for navigation and royal births. They were a visual representation of ancestors for Hawaiians.



Photos by Cpl. Jang, Il-Hwan, 8th Army Public Affairs
Gen. Robert B. Brown, commander, U.S. Army-Pacific, visits South Korea, Aug. 9-10.



The U.S. Army-Pacific commanding general, Gen. Robert B. Brown, meets with officials during his visit to South Korea. Brown spent two days visiting various installations throughout 8th Army.

RHC-P competes, earns EFMB honor

EMILY YEH

Regional Health Command-Pacific Public Affairs

SCHOFIELD BARRACKS — The 25th Infantry Division hosted the Expert Field Medical Badge award ceremony at Weyand Field, here, Aug. 26.

A total of 167 Soldiers competed for a chance to earn EFMB honors.

Six Regional Health Command-Pacific Soldiers were among the 21 candidates who successfully completed the competition.

1st Lt. Anthony Threet, Tripler Army Medical Center and 2nd Lt. Japeth NG'Ojoy, Medical Department Activity-Alaska, both garnered special recognition as two of the three top graduates.

Threet achieved the highest written test score, while NG'Ojoy attained the fastest 12-mile ruck march time of 2 hours, 19 minutes.

EFMB is a five-day event and candidates are tested in eight areas, which include a written exam, a combat casualty care test, a warrior skills test, a medical casualty evacuation test, a communication test, a day land navigation test, a night land navigation test and a 12-mile foot march, which must be completed in under three hours.

EFMB Awardees

The following earned what is considered Army Medicine's most sought after peace-time medical skill proficiency badge:

- Sgt. Kitae Bae, Medical Department Activity-Alaska.
- Staff Sgt. Michael Fowler, U.S. Army Health Clinic-Schofield Barracks.
- Capt. Nickalous Korbut, USAHC-SB.
- Sgt. Christopher LeBaron, Tripler Army Medical Center.
- 2nd Lt. Japeth NG'Ojoy, MEDDAC-AK.
- 1st Lt. Anthony Threet, TAMC.



Above — The 25th ID hosts the EFMB award ceremony at Weyand Field, Schofield Barracks, Aug. 26. A total of 167 Soldiers competed for a chance to earn EFMB honors. Six RHC-P Soldiers were among the 21 candidates who successfully completed the competition.



Left — 1st Lt. Anthony Threet, TAMC, is honored with special recognition for achieving the highest written test score of the competition.

Photos by Regional Health Command-Pacific Public Affairs

Voices of Ohana

Fifteen years ago, terrorists attacked in New York City, Washington, D.C., and Somerset County, Pennsylvania.

“How has 9/11 changed you?”

by Christine Cabalo, Oahu Publications



“I was still in high school when it happened. I wanted to serve but had to wait.”

Spc. Anthony Ferrel II

13th MP Det.,
728th MP Bn.
8th MP Bde., 8th TSC



“When 9/11 happened, I was working with F-16s in Fort Worth, Texas, as an intel specialist chief in the Navy Reserves. I was called to active duty in Miami and augmented in U.S. Southern Command. Nobody knew where the attack came from then. They were calling up units all over the place.”

Wesley Johnson

Retired Sailor and
DOD contractor



“It made me want to join the Army.”

Pfc. Adrean Mays

Golf Co., 1-27th Inf.
2nd BCT, 25th ID



“It made me concerned about terrorism activities and how we need to alter our priorities to terrorism. The threats continue.”

Donald Naruse

Retired Soldier



“I’ve felt more scared of terrorist attacks.”

Dre Thompson

Retail contractor

Lightning 6 wants all to help prevent suicides

MAJ. GEN. CHRISTOPHER G. CAVOLI
Commander
25th Infantry Division

September is National Suicide Prevention Awareness Month. It marks the transition from summer to fall and the start of the holiday season.

This time of year has consistently shown an increase in suicidal trends across the Army. During this period of increased risk, we must remain vigilant for signs and behaviors that one of our own is struggling.

I charge all members of the Tropic Lightning ohana to be proactive at intervention and diligent in our support



Cavoli

to those individuals in their time of need. Suicide prevention must be a personal and organizational priority.

Suicide continues to be a tragedy that threatens our force and weakens the division's ability to fight and win our nation's wars.

In response to this threat, multiple programs and resources are available to all Soldiers, their

dependents and civilians.

From the suicide prevention hotline to our embedded behavioral health professionals, resources exist to provide our Soldiers the help they need. Recognizing that need is an obligation we all share.

Suicide prevention needs to start at the individual level and inculcate itself throughout the organization. Supporting our Soldiers and family members when they seek help is the responsibility and priority of everyone across the formation.

Leaders must aim to reduce the stigma of seeking help and see this behavior as a sign of resiliency.

Often, people refuse to talk about their struggles or seek help due to the misperception that they will be looked down upon. As leader, it must be clear that nothing is further from the truth.

Seeking help is a sign of strength, and our Soldiers must know their honesty will not be met with derision, but with open arms and the full support of this community. Reducing the stigma of seeking help is the most important objective for leaders in our battle against suicide.

Thank you all for everything you do, day in and day out, to serve our great nation.

Tropic Lightning!

Several events planned to address crisis problems

MAYA LEONETTI
Army Substance Abuse Program

SCHOFIELD BARRACKS — September kicked off a yearlong Suicide Awareness initiative between the DoD and VA with the theme “Being There.”

The importance of Suicide Awareness Month and “Being There” for our fellow service members is reinforced by several joint efforts.

- On Wednesday, the Air Force, Coast Guard, Navy, Marines and Army signed a joint services proclamation.
- There is a ceremony, today, for Gov. David Ige to sign a state proclamation, and a third proclamation signing ceremony will be held Sept. 14 during Suicide Prevention Week for signing by Honolulu Mayor Kirk Caldwell.
- The highlight of the month's events is a series of talks from those affected by military-related suicide: survivors, family members, friends and coworkers.

With the idea that all service members are one family, and that a family works, fights and survives together, the series of talks called “Fight For Each Other” will be presented at military theaters. The speakers will share their personal experiences with suicide at five different events on installations across Oahu.

Retired Air Force Col. Robert Swanson, a suicide survivor, will be speaking at these events.

“Other training has role playing, PowerPoints and videos. They miss the



Courtesy of www.health.mil

point; they don't have real people telling real stories,” Swanson said. “These unscripted events will illustrate that suicide affects everyone, regardless of rank, service or gender.”

•Another exciting event in September that's helping to raise awareness about suicide and suicide prevention is the “Out of the Darkness Walk” by the American Foundation for Suicide Prevention. Since 2002, AFSP has raised more than \$20 million for behavioral

health research.

The Oahu event at Ala Moana Beach Park-Magic Island has so far reached 25 percent of its fundraising goal. This community-building walk brings together those affected by suicide, anyone interested in helping fund the research and even those who just want some exercise.

It starts on Sept. 17, with check-in/registration at 8 a.m. and opening ceremonies at 9 a.m.

Being There

If you would like to attend one of the F4EO talks, call Schofield Barracks Suicide Prevention Program at 655-9105 to reserve your seat. All times are 8:30-10:30 a.m.

- Sept. 15: Richardson Theatre, Fort Shafter.
- Sept. 16: Sgt. Smith Theater, Schofield Barracks.
- Sept. 23: Base Theater, Marine Corps Base Hawaii.
- Sept. 30: Club 14, U.S. Coast Guard Base Honolulu.

Who to Call

Are you in crisis? Professionals are available 24 hours a day at the Veteran's Crisis line at 800-273-TALK (8255).

Professional help can also be found at militaryonesource.mil and 800-342-9647.

Text a counselor at 83825 if you can't talk.

You can talk to local counselors at 832-3100.

Do you want to register for or donate to the “Out of the Darkness” walk? Go to <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=4088>.

MEDEX-16 shows next evolution of military medicine

Story and photos by
SGT. 1ST CLASS JOHN D. BROWN
18th Medical Command (Deployment Support)
Public Affairs

MISAWA, Japan — Providing health care in times of crisis can be the most challenging task for the military health care system, and for the men and women of the armed forces who provide those lifesaving services, Joint Medical Exercise 2016 (MEDEX-16), here, provided a unique opportunity to exercise those deployment readiness skills, Aug. 16-24.

The concept of the exercise was simple: Bring an Army medical unit from the United States, draw medical supplies from Army Prepositioned Stock with the assistance of the U.S. Army Medical Material Command and the U.S. Army Material Command, transport the equipment 750 kilometers by ground, and establish a joint medical treatment facility (MTF) in Japan that is capable of providing immediate support to personnel who are injured or otherwise dislocated during a natural disaster type, or other contingency type event.

“This is more like our crawl phase,” said Air Force Sr. Master Sgt. Chi Swanson, acting medical group superintendent for the 35th Medical Group at the Misawa Air Base Medical Treatment Facility. “We have discussed plans for doing this in the future, but we had to make sure that this exercise was going to be successful.”

In Misawa, there are Navy doctors working with them on a daily basis, so it was truly a joint exercise, Swanson continued.

“One of the keys to deployment support in the medical arena is the integration of joint medical services working together,” said Command Sgt. Maj. Thomas Wrighton Jr., senior enlisted adviser, for the 18th Medical Command (Deployment Support) at Fort Shafter, Hawaii.

Wrighton explained that the 18th MEDCOM is charged with the planning, training and supervision of medical units/exercises in the Indo-Asian Pacific region during peacetime while remaining ready to deploy command elements throughout the region during humanitarian aid, disaster relief and combat operations.

Soldiers from the 228th Combat Support Hospital (CSH), 807th Medical Brigade, U.S. Army Reserve Medical Command at San Antonio, Texas, joined the Air Force and Navy team at the Misawa MTF to compose the MEDEX-16 team.

Air Force Col. Leigh A. Swanson, commander, 35th Medical Group, said that one of the significant missions for the unit is its support to contingency operations.

“What we do here at the hospital is expand to a critical care facility and become an air evacuation location,” Swanson said, explaining that the hospital is staffed with approximately 400 personnel, which would be inadequate during contingency operations. “We take on a significant amount of follow-on forces and the biggest component of that is the Army.”

Col. Elizabeth Anderson, commander, 228th CSH, said the 228th's initial mission was to conduct an Army Preposition Stock draw from Sagami Army Depot to exercise the logistics train from Sagami to Misawa in order to support contingency operations.

From a logistical perspective, the exercise served as an opportunity for the Army to validate and verify plans to establish a combat support hospital in Misawa and the ability to integrate personnel and logistics with the MTF, Anderson explained.

“This (228th CSH) team, here, has been so easy to work with. There have been no issues at all,” Col. Swanson said.

Swanson pointed out that during an actual contingency operation there would probably be a different unit tasked with establishing the CSH in Misawa, but given how well the exercise had progressed, she didn't foresee any issues with integration.

“Most importantly was the integration of forces. ... It isn't Army working in tents and Air Force working in the hospital; its Soldiers and Airmen working side by side,” Swanson said.

In order to afford the greatest amount of integration, Army and Air Force leaders developed a program that matched surgeons with surgeons, nurses with nurses, medics with medics, etc., to ensure that individuals with similar professional skills are paired together



Maj. Gen. James Pasquarette, commanding general, United States Army Japan & I Corps (Forward), tours the modular surgical component of a combat support hospital deployed from the Army Prepositioned Stock during Joint MEDEX-16 at Misawa Air Force Base, Misawa, Japan, Aug. 24.

throughout the duration of the exercise. The purpose was for Army to learn Air Force and Air Force to learn Army, Swanson said.

“As we look at the way ahead, and the example we have of joint training at

the Army Medical Department Center and School, the future of Army Health Systems in contingency operations will be in a joint environment, and this has been an excellent step in the evolution of that process,” Wrighton said.



At right, Command Sgt. Maj. Thomas Wrighton Jr., the senior enlisted adviser for 18th MEDCOM (DS), and Air Force Sr. Chief Master Sgt. Chi Swanson, the acting superintendent for the 35th Medical Group Base Hospital at Misawa Air Force Base, Japan, visit with Soldiers and Airmen working in the urgent care department during Joint MEDEX-16, Aug. 23.

CSF2 performance sessions help retention

KATHERINE C. BELL
Comprehensive Soldier and Family Fitness Training Center

SCHOFIELD BARRACKS — Facing her final Army Physical Fitness Test to stay in the Army, Spc. Brittney Youngtin was discouraged, unmotivated and questioning her future.

Staff Sgt. David Martinez described her as an outstanding Soldier who gives 100 percent every day during operations, yet, was unable to pass the run portion of her APFT.

Martinez is a master resilience trainer, here, and was familiar with the CSF2 Performance Program. After four months of mentoring Youngtin, to no avail, he reached out to the Comprehensive Soldier and Family Fitness (CSF2) Training Center for assistance.

“This Soldier has mentally lost focus on success and needs to get past the ‘I can’t’ or ‘I’m unable to succeed’ mental block,” said Martinez.

Support system

CSF2 had an APFT Clinic applying mental skills for optimal performance program in place; however, it primarily catered to large companies or units that wanted a five-day clinic to improve APFT scores.

MRT and performance expert Karen Costello, a former UCLA distance coach, was assigned to work with Youngtin doing mastery sessions, which were designed to improve her mindset.

“When I first met Spc. Youngtin,



Courtesy photo
CSF2 training can help improve health, productivity and APFT scores.

she was struggling with some major motivation and self-confidence issues to the point of questioning her desire to pursue a career in the Army,” said Costello. “Our initial meetings were focused on building confidence and goal setting.”

On the track, Youngtin learned to use cue words to maintain proper running form and as a distraction from ineffective thoughts.

“When I was feeling tired, I learned to take my mind off those thoughts that were mentally and physically holding me back, and to focus on cues that were

productive to my run. I noticed my form fell apart as I got fatigued, so the cues were a great way to shift me back to where I needed to be for success,” explained Youngtin.

Youngtin worked with Costello over a period of eight weeks. At times, scheduling was difficult; yet, she maintained her focus and found herself not dreading running as she had before.

“I began to have a more productive outlook on being healthy. I realized I had a pretty negative attitude prior to my training, but as I got into it, I felt better about myself and my days got better as well. I found that the more positive I was, the more motivated I became.”

Seeking a foundation

One of the foundations of the CSF2 performance training is its thought-performance-connection emphasis. We may not have control over the events that drive our thoughts, but we do have control over how we interpret those events and our subsequent thoughts. Being aware of our thoughts can lead to more productive emotional and physical reactions and, in turn, lead to a more optimal performance.

“One of the biggest things I focused on was knowing that when you’re uncomfortable it means growth. If you don’t dwell on the pain and instead see it as something that will help you, it changes your attitude,” said Youngtin.

At the end of the eight weeks, Youngtin said she felt ready to take her APFT with

more confidence than ever before.

“My NCO ran with me and helped motivate me, and I used all my mental training to get through the difficult parts of the run. The cues really helped me toward the end,” said Youngtin.

She improved her 2-mile time by two minutes and nine seconds, going from a 21:16 to a 19:07. She passed the run with 29 seconds to spare.

“Passing the APFT has really motivated me to make some changes. I quit smoking right after because I know I can run even faster if I take better care of my body,” she said. “I also realized that I used to get mad when people told me it was ‘all in my head,’ but they were right! It is in your head and you have the power to change what’s holding you back.”

Youngtin will now make a permanent change of station move to Joint Base Lewis-McChord, Wash., in October. She is looking forward to continuing her career with the Army.

“This program really helped me in so many ways. I didn’t want to PCS being flagged. Knowing that I’m not flagged gives me a fresh start, and I won’t be judged when I get there.”

APFT Clinic

Learn to apply mental skills for optimal physical performance, especially for your next APFT.

Visit www.garrison.hawaii.army.mil/health/csf2.htm.

Rodeo experience used as a springboard to resiliency

Story and photo by
SPC. PATRICK KIRBY
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Resiliency is being able to recover quickly from misfortune or a disruptive change without being overwhelmed and breaking under pressure.

Spc. Brock Mason, senior medic, Troop C, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, shows how important being resilient really is for every Soldier.

“The cool part about resiliency is that it’s an acquired skill,” Mason said. “Anyone can be resilient.”

Mason says attitude is 80 percent of what being resilient is about to him.

“It all goes back to work ethic, knowing things will only get better, having a short memory, taking accountability of your mistakes and learning from them, worrying about the factors you can control and not worrying about things you can’t change, and above all, having a positive attitude,” Mason said.

Mason has been to a number of schools where his resiliency has shown to get him through, to include Ranger, Airborne School, Air Assault and the Basic Leaders Course. He was recently award-



Courtesy photo
Spc. Brock Mason, Troop C, 3-4th Cav. Regt., participates in a rodeo before becoming a Soldier. Rodeos are where he learned most about being resilient enough to attend Ranger, Airborne, and Air Assault schools, and his recent EFMB.

ed his Expert Field Medical Badge.

“I was at Ranger School for 118 days. I made some mistakes, and I was rewarded with the extended stay,” Mason said. “There were times that I felt pretty low, but I thought about how I’ve overcome obstacles in rodeo and used that experi-

ence to push me through.”

Being big into sports, Mason’s favorite was rodeo, where being resilient really came into effect.

“My resiliency in the Army is directly correlated to how my parents raised me, learning what hard work is at a young age,

and participating in rodeo,” he said. “I started rodeoing when I was very young.”

His resiliency is contagious, according to his teammates, forcing all of them to take a new look at their current situation.

“I’ve had the pleasure of working with Mason for a few years now, and not once have I seen such resolve from a young man. It’s almost as if his off switch doesn’t exist,” said Staff Sgt. Carlos De Los Santos, Comanche Troop team leader. “When he faces hardship, he welcomes the challenge, and when you think he’s beat, he cracks a smile and tells a stupid joke to make himself laugh, which, in the end infects us all.”

EFMB testing put Mason’s resiliency to the challenge during his initial attempt to earn it a couple of years ago.

“The first time I went to EFMB, I failed on the last lane, one day from the foot march,” he said. “I was upset because I really wanted it, and it didn’t work out.”

Mason then had a second chance to earn his EFMB, and nothing was going to stop him this time as he studied every night with other medics in his unit.

“I focused on all tasks and made sure to adjust what I messed up on last time,” he said. “I focused about the task at hand, one day at a time. Next thing I knew, I was standing at graduation.”

Real world lessons being learned at PE 2016

Story and photo by
MASTER SGT. TODD KABALAN
Defense Media Activity
Forward Center Hawaii

BRISBANE, Australia — Exercise Pacific Endeavor 2016 was in full swing after it began Aug. 22, with military communicators from 22 Indo-Asia Pacific nations, non-government organizations and academic advisers coming together to focus on improving Humanitarian Assistance and Disaster Response.

Based on recent real-world events, PE16 featured a scenario based on a category 5 typhoon striking Brisbane, which required participants to set up at the Multinational Coordination Center (MNCC) and forward-deploy to two other locations in the affected area.

Their mission was to validate and document high frequency voice and data transfer using ordinary field radios. Commonly referred to as Internet protocol over radio frequency, the practice involves transmitting voice, images and email data over the same RF signal.

“There are no simulations here,” said Scott Griffin, U.S. Pacific Command’s Multinational Communication Interoperability Program (MCIP) director. “We’re actually focusing more on real-world-type communications and real-world-type of events, by deploying them out there, setting up their antennas, setting up their ra-



Participants of Pacific Endeavor 2016 receive incoming voice transmissions from the field at the exercise’s MNCC, Aug. 28. Pacific Endeavor 2016 is a multinational workshop designed to enhance communication interoperability and regional HA/DR.

dios and then transmitting back.”

Forward-deployed teams set up the forward operating bases at Damascus Barracks and Victoria Barracks, which are far enough away from the MNCC (at Gallipoli Barracks), so radio operators can truly test their equipment.

“It’s really important to test your high frequency (radios) by having a reasonable amount of distance between the two locations to make sure the systems are properly working,” said Lt. Col. Michael King, Australian national Llad for MCIP. “Doing it here on the base allows for that, as well as the other locations around Australia – allow for a more realistic training environment to validate the interoperability between our radio systems.”

Most countries have RF capabilities, and not all have satellite, which is the reason this FTX is great for interoperability. The challenges they encounter will help participants experience “hands-on” what they might encounter during a crisis.

“You’re never going to have everything perfect,” said Cpl. Daniel Stratton, radio operator, New Zealand army.

With today’s technology, sending images or data over RF signal wouldn’t be needed because of the accessibility of the Internet and Wi-Fi. But, when a disaster or humanitarian crisis occurs, that same signal may become a lifeline.

“If you’re at an outside location, and I need you to send me a picture of the damage in a certain location, I can actually see what it looks like,” said Maj. Mitchell Lester, future operations chief, 311th Signal Command.

“When a disaster hits, a lot of times everything is wiped out,” said Tom Grant, MCIP technical director. “You might not have any satellite links, your cell systems might be down, you might not have access to the Internet. It’s a valuable skill.”

Raymond Doherty, U.S. Army-Pacific’s data subject matter expert for Pacific Endeavor said that participants are learning real-world lessons about how they can communicate better, even without using the same equipment language.

“These are the things that are going to impact future missions because we don’t know where the next disaster is going to be, and we don’t know who’s going to be there first,” Doherty said.

(Editor’s note: Read the rest of the story at www.hawaiiarmyweekly.com.)

Top performing leaders attend Young Alaka‘i leadership program

SPC. JAIME RUIZ
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — Thirty-two top performing leaders from all services across the Pacific region will start the Young Alaka‘i Leader Development Program, Sept. 7-17, at various locations across Oahu.

Among the students attending this third iteration of the YA program (16-02) will include its first Department of the Army civilian.

The program was a featured Warrior Corner topic at the 2015 Association of the United States Army symposium in Washington, D.C., and has caught the attention of the U.S. Army Training and Doctrine Command, U.S. Army-Pacific and U.S. Pacific Command.

“Young Alaka‘i is the most innovative, effective leader development program I have seen,” said Gen. Robert B. Brown, commanding general of USARPAC. “People are our best resource. It is so important to get this kind of training opportunity to this cohort (company grade leaders) who want it and thrive for it.”

The program begins with a packed, nine-day academic phase that empha-



Photo by Master Sgt. Mary E. Ferguson, 8th Theater Sustainment Command Public Affairs
Top-performing military leaders from 18 organizations across the Pacific theater attend the FY16 Young Alaka‘i class.

sizes teamwork throughout its interactive sessions and includes engaging discussions about military leadership, mission command, critical and strategic thinking, service component strategies, and objectives with special emphasis on the roles, mission capabilities, limitations and partnerships in the Pacific.

In addition, one half of the cohort will attend the Asia Pacific Orientation Course provided by the Center for Strategic and International Studies and the East-West Center.

During the second phase (regional expertise), selected leaders will be immersed in regional and national strategy at selected venues in the Pacific and in Washington.

The more focused curriculum will provide students with an opportunity to deepen their knowledge on contemporary challenges, foundational documents and national strategy for the future of the force as it relates to the Indo-Asia Pacific.

The leaders will also have one-on-one senior leader engagements with joint and multinational partners.

(Editor’s note: Read the rest of the story at www.hawaiiarmyweekly.com.)

Young Alaka‘i

The program is made up of three-phases hosted by the 8th TSC and is targeted toward top-performing company-grade officers, warrant officers and noncommissioned officers at the joint and multinational level.

Applicants must have their chain of command’s endorsement to attend.

Coverage of the program can also be found, here:

- www.army.mil/8thtsc,
- www.facebook.com/8thTSC and
- <https://twitter.com/8thTSC>.

NAACP honors sustainers for military leadership

Story and photo by
STAFF SGT. MICHAEL BEHLIN
8th Theater Sustainment Command
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Command Sgt. Maj. Janet F. Thomas of the 8th Special Troops Battalion and Sgt. 1st Class Jadia L. Scott of the 8th Theater Sustainment Command were honored by the Honolulu-Hawaii chapter of the National Association for the Advancement of Colored People during a luncheon, Saturday, at the Officers Club, here.

Thomas and Scott were amongst 18 service members nominated by their commands for their exceptional leadership and selfless community service while serving at military commands in Guam, Hawaii, Japan and Korea.

Alphonso Braggs, president of the Honolulu-Hawaii chapter of the NAACP, presented the awards and commended the service members for their service and hard work.

“The community takes great pride and

joy in recognizing and thanking you for your service,” Braggs said. “It is what you do that allows us to sleep well at night in knowing that we can enjoy the liberties that are contained within our constitution.”

Thomas, 8th STB’s senior enlisted adviser, received the NAACP’s Dr. Mary McCloud Bethune Inspirational Leadership Award, while Scott, a movements non-commissioned officer with the 8th TSC, received the Ida B. Wells-Barnett Meritorious Community Service Award.

Scott said that she was appreciative of her selection for the award, and credited her leaders throughout her career for her success.

“I’m astonished by it,” Scott said of her selection. “I’m very thankful for it, and this lets me know that what I do is making a difference.”

“Being able to emulate the positive images that mentors portrayed and wanting to give back to the communities that I belong to, whether civilian or military, helped get me to this point,” Scott

continued.

Thomas said she considered the experience to be humbling.



“I’m humbled, but very appreciative of the opportunity,” she said. “It’s truly amazing.”

Left — Command Sgt. Maj. Janet F. Thomas, the 8th STB’s senior enlisted adviser; Alphonso Braggs, president of the Honolulu-Hawaii chapter of the NAACP; and Sgt. 1st Class Jadia L. Scott, an 8th TSC movements NCO, display the awards presented by the NAACP during a luncheon, Saturday, at the Pearl Harbor-Hickam Officers Club.

NAACP

Founded Feb. 12, 1909, the NAACP is the nation’s oldest, largest and most widely recognized grassroots-based civil rights organization. Find more information on the Honolulu chapter of the NAACP. Call 599-5500 or visit <http://naacphawaii.zohosites.com/>.

Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com

Today

H2O Conservation — As of press time, water conservation continues to be in effect for Schofield Barracks, Helemano Military Reservation and Wheeler Army Air Field. Water consumption should be kept at a bare minimum until further notice.

Golden Ruck — The 1-14th Infantry Regiment, 2nd Brigade Combat Team, 25th Inf. Division, will begin hiking around Oahu’s shores until Sept. 16. The hike is the battalion’s last event before the unit cases its colors. Call 655-9461.

TAMC PFC — Tripler’s gym, which closed yesterday, will remain closed through Sunday, Sept. 11, to allow for scrubbing and recoating the gym floor. It will reopen at 5 a.m. on Sept. 12.

Adaptive Sport Grants — The VA announced the awarding of up to \$7.8 million in grants for adaptive sports programs for disabled veterans and service members. Recipi-

ents may use these funds for planning, developing, managing and implementing these adaptive sports programs.

Visit www.va.gov/adaptivesports.

FEGLI Open Season — For the first time in 12 years, Federal Employees Group Life Insurance is having an Open Season to allow eligible employees to enroll in FEGLI or increase their coverage up to the program maximum. Open Season ends Sept. 30th. Visit www.opm.gov/FEGLI/openseason.



Be Prepared — Be ready for an emergency by assembling one or more three-day emergency kits. Visit the on-line News Briefs at www.hawaiiarmyweekly.com for suggested kits.

12 / Monday After Patriots’ Day — Attend the West Oahu Vet Center open house, 9 a.m.-3 p.m., at 885 Kamokila Blvd., Unit 105, Kapolei. Light refreshments will be available.

The center will mark the 15th anniversary of 9/11. The center provides readjustment-counseling services to veterans, service members and their families. To RSVP, call 674-2414.

CSF2 — Beginning with Master Resiliency

Training today, plan to attend upcoming courses at the Schofield Barracks Comprehensive Soldier Fitness-2 Training Center. Other courses follow:

- Executive Resilience and Performance Course,
- Leader Development Course,
- Deployment Cycle Resilience Training, and
- Resilience Trainer Assistance Course.

Call 655-984.

15 / Thursday Observation — Hispanic Heritage Month begins today and continues until Oct. 15. Tripler Army Medical Center will host an observance, Sept. 27, noon-1 p.m., at Kyser Auditorium.

Suicide Prevention — Be there for Soldiers, civilians and family members. Attend these “Fight for Each Other” events:

- Sept. 15, 8:30-10 a.m., Richardson Theater, Fort Shafter.
- Sept. 16, 8:30-10 a.m., Sgt. Smith Theater, Schofield Barracks.

These events are open to garrison employees. Military personnel and unit leadership should reserve seating. Call 655-9105.

16 / Friday Signal Ball — Attend the 2016 Pacific Signal Regimental Ball at the Hilton Hawaiian Village in Waikiki, 6 p.m. Members of the Army Signal community may sponsor young Signaleers. Call 653-5791 or visit www.eventbrite.com/e/2016-pacific-signal-regimental-ball-tickets-25499036304.

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for up-to-date advisories.

12 / Monday McNair Gate — U.S. Army-Pacific is conducting a traffic study at Schofield’s McNair Gate from now until the end of the month. As part of this study, the outbound lane will be closed weekdays, 5-7 a.m., to allow a traffic team to create two inbound lanes during this time.

All southbound traffic (from the North Shore) entering the McNair Gate will enter in the right lane and be directed to the right after entering post. All northbound traffic (from Honolulu/H2) will enter in the left lane and be directed to the left after entering post.

Please ensure you have proper identification prior to reaching the gate. Any vehicles denied entrance causes the left inbound lane to close temporarily.

19 / Monday Modified Kolekole — There will be partial lane closures at Schofield’s Kolekole Avenue from Cadet Sheridan to Humphreys Road for repaving. The road closures will be in effect 7:30 a.m.-4 p.m., weekdays, until Sept. 26.

Alternate routes will be through Cadet Sheridan and Humphreys. Flagmen will assist with detouring and directing traffic. Lanes will only be closed when contractor is working in that area.

Local traffic access to parking areas for buildings 563, 563A, 1625 and 1663 will be allowed, as well as access to Fournier and Kaiona avenues.

24 / Saturday Flats Outage — There will be a scheduled power outage, 8 a.m.-3 p.m., affecting Fort Shafter Flats buildings 1535, 1575, 1585, and 1587, for electrical work.



October

15 / Saturday WAAF Power Outage — The Wiliwili Housing Area on Wheeler Army Airfield will be without power, 7 a.m.-3 p.m., for construction work.

Ongoing

Historic Road Closure — There will be a par-

tial road closure at Fort Shafter’s “historic” Palm Circle Drive, near building T-112, for utility installation. The affected part of Palm Circle will be restricted to one lane access from today through Oct. 8.

During work hours, the contractor will have appropriate signs and barriers for closing each side of the roadway.



Wisser, Continued — Intermittent road closures have begun at Fort Shafter’s Wisser Road and Bonney Loop for the installation of a new water main line, 8:30 a.m.-5:30 p.m., until Sept. 30. This is a continuing project.

The parking lot and Bonney Loop adjacent to Bldg. 520 will be restricted to local traffic only. While the intersection of Bonney and Wisser is closed for construction, flaggers will be at the southern intersection of Bonney Loop and Pierce Street, and farther up Bonney Loop, for cars and pedestrians adjacent to Bldg. 520.

The parallel parking stalls along the southern perimeter of the parking lot will be restricted to allow for two-way traffic movement.

When no work is being done at the intersection of Wisser and Bonney, it will be reopened, and the road closure will be reduced.

Luncheon, ceremony held to observe Women’s Equality Day

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — In 1971, the U.S. Congress designated Aug. 26 as Women’s Equality Day.

The date was selected to commemorate the Aug. 26, 1920, certification of the 19th Amendment to the Constitution, granting women the right to vote.

Army Field Support Battalion-Hawaii held a luncheon and ceremony to commemorate this major turning point for women’s equality at the 25th Sustainment Brigade dining facility. It was a chance for all Soldiers to recognize the rapidly expanding roles for women in the Army, to include combat and leadership positions.

The importance of the day resonated with the female Soldiers in attendance as they had a chance to reflect on the struggles of the past, and appreciate where we are today.

“It’s the accomplishment of resilient pioneers like Susan B. Anthony, Elizabeth Cady Stanton and others, who devoted decades of hard work to ensure women’s voices could be heard, that set the path for many of us today,” said Lt. Col. Octavia Coleman, commander, AFSB-H. “It’s quite obvious that women’s rights have made leaps and bounds; yet, today we look back



Lt. Col. Octavia Coleman, commander, AFSB-H, presents Maj. Gen. Susan Davidson, commander, 8th TSC, with a plaque thanking her for speaking at the Women’s Equality Day Observance, Aug. 29.

on all that women have gone through to make today possible and we thank them.”

Women have served the Army since 1775 and continue to remain an invaluable and essential part of today’s Army. Female Soldiers serve on teams as commanders, leaders, engineers, mechanics, aviators, special operators, technologists and combat troops.

Coleman stated that the military has

aided females in overcoming obstacles by placing them in roles they have certainly earned, including Army Gen. Ann Dunwoody, Air Force Gen. Lori Robinson, Navy Adm. Michelle Howard, Army Capt. Kristen Griest and Army 1st Lt. Shaye Harver.

As guest speaker for the ceremony, Maj. Gen. Susan Davidson, commander, 8th Theater Sustainment Command, spoke

about how the Army is a great example of gender equality compared to the outside world.

“I realized in the Army there isn’t a difference. An E-1 with one day of service, male or female, gets paid the same,” Davidson said. “A two-star general with 30 years of service, male or female, gets paid the same.

Davidson also talked about how in the Army everyone is defined as a Soldier and not by gender, mentioning emails she receives from Congress that refer to her as an officer and a gentleman as an example.

“Congress hasn’t changed the wording,” Davidson said. “It doesn’t bother me. I don’t care. It’s the respect they show by acknowledging I’m a commissioned officer. It’s the respect they show by acknowledging I’m a general officer that matters. It isn’t relevant to me if you call me sir. Doesn’t bother me. You see me as a Soldier and that’s how I take it.”

The country and the Army have made great progress in building a free and fair society, and the Army will continue striving to fully realize justice and equality for all.

“We are equal as Soldiers,” Davidson said. “Leadership demands that. If you feel like that’s not true, you have to let someone know. We will fall apart, as an Army, if we ever lose that basic premise that all Soldiers are treated the same.”

Participation deadline approaching for gender relations survey

CHERYL PELLERIN
DOD News
Defense Media Activity

WASHINGTON — The deadline is fast approaching for service members to participate in the 2016 Workplace and Gender Relations Survey.

Selected active duty service members have until Sept. 28 to take the online or paper survey. The survey’s results will inform the Defense Department’s future prevention and response efforts, Defense Department spokesman Eric Pahon has said.

The survey is conducted by the Defense Manpower Data Center as part of a biennial cycle of health and resilience surveys outlined in Title 10 USC 481, and its results will provide information on service members’ experiences of unwanted, gender-related behavior.



“For over a decade, this survey has been used by the service chiefs and the department to understand the scope and context of the unwanted behaviors of sexual assault and sexual harassment,” said Dr. Elizabeth Van Winkle of the

Defense Manpower Data Center.

The survey includes 735,329 active duty service members (158,893 women and 576,436 men) – as part of a scientifically designed sample. It’s the largest survey fielded on this topic for active duty members, according to DOD Sexual Assault Prevention and Response Office documents.

Results from the congressionally mandated survey also will be briefed to service leadership, DOD leadership, the DOD SAPRO and Congress, Pahon said.

Make a difference


“We know everyone gets a lot of requests to take surveys, but this is one that makes a very big difference. The secretary of defense, the service secretaries, Congress – and even the president himself – see the overall results

of this survey,” said Dr. Nate Galbreath of the DOD SAPRO.

“Much of the legislation that Congress has passed over the past few years to address sexual assault and sexual harassment in the military has grown out of the feedback that people share with us,” Galbreath added. “If there is ever a survey that lets your voice be heard, it’s this one.”

Take the Survey

The survey is voluntary and completely confidential. Active duty service members can check to see if they have been chosen to participate at www.dodsurveys.mil/.





Rose Tunstall (left), a retired Airman and current civilian employee, pins parts of her homemade quilt with help from Tina Butler, a sewing instructor on staff with the Schofield Barracks Arts and Crafts Center. Classes are available for sewing, pottery, drawing and several other art forms through the center.

Unwind from the daily grind through Arts & Crafts

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Find peace of mind by unlocking creativity, here, at the Arts and Crafts Center.

The Arts and Crafts Center is fully stocked with art supplies and equipment for anyone to come down for something unique.

The staff encourages artists of any age to focus on the process, not the product, said Patti Honda, program manager. She said no matter the artist's age, art is important in growing creativity and providing a healthy way to relax.

"Art is healing; it's something to do for feeling free," she said. "We're not just crafty. Art is here, I believe, to help and heal. If we lose art, we lose our own selves."

Honda said the Arts and Crafts Center has both individual and group activities for drawing out self-creativity. The center teaches quilting, ceramics, painting, framing, drawing and lei making on a recurring schedule.

There are also special events on Tuesdays for wounded warriors through the Resiliency Through Art Program. Recovering Soldiers can try their skills at painting, drawing, clay molding or collage work.

Honda said the goal is to offer support and stress relief, and the program does not feature instructors. However, it's easy for recovering Soldiers to sign up by contacting their unit representatives or health care providers.

For all other art lovers, Honda said, they are welcome to come to the center for instructor-led classes or open art time. Sign-ups are available for individuals or as families and loved ones who are ready to learn together.

Some classes, like pottery wheel

throwing or quilting, are multi-week sessions with instruction. Others are special seasonal events, including an upcoming Halloween class decorating jack-o'-lantern jars.

Honda said adults and children have the power to create anything they can imagine. Young children are welcomed in several recurring events, including the Mom & Tots class. However, youngsters aren't forced to participate if they aren't in the mood or limited to what sample art might be around.

"Nothing is wrong in art," she said. "Everything (is) right, especially for children. The art that comes from it is what a child created."

For artists on the go, the center also provides open hours for Paint and Take ceramics, Wednesday through Saturday. Anyone can paint his or her own pieces

at a reduced cost, as the center primarily charges for the cost of supplies. Ceramic painters can work as long as needed for their projects.

The open hours and location are convenient for several returning artists, including Cassandra Rivers, an Army spouse. She appreciates how she can drop in whenever she can and comes back for her finished pieces on her own time.

"I really like the hours; I can fit it into my schedule," she said. "I've used the Arts and Crafts Center in Germany, but the one here is much bigger."

Staff can also be available outside of the center. Users can request painting ceramics and other art classes at installation community centers or restaurants.

Whether adding the finishing touches to ceramics or framing shadowboxes, the center provides high-quality material. Staff can help to find the right ones for

any project. For those into the art of woodworking and creating their own frames, both the matts and the frames are first-rate, said Carylynd Cintron Ala, a framer with the center.

"We have top frames from Italy, the United States and Asia," she said. "These are some of the best collections available. These frames are all wood, not foam or plastic in middle. We also have metal frames."

The center also offers traditional Hawaiian materials like lauhala mats and other Hawaiian wooden pieces for gifts.

Whatever art form is preferred, Honda said her staff has a passion for art they want to help others with. She's been able to keep the center open through volunteer help and her staff's desire to bring out the best creativity in others.

"Our world is full of all this stress," Honda said. "Art is ... a major entity that should be kept and should be focused on. It's good not only for wounded warriors, but everyone."



Custom frames of 100 percent wood or metal are available to make shadowboxes or other artwork frames from Schofield Barracks Arts and Crafts. The center offers classes as well as access to materials and equipment for a wide variety of art.

Arts and Crafts Center
The center is located in Bldg. 572 at 919 Humphreys Road near the Schofield Barracks Bowling Center.
It's open Wednesday-Thursday from 10 a.m.-4 p.m. and Friday-Saturday from 9 a.m.-4 p.m.
Class schedules for September and October are posted at www.himwr.com/recreation-and-leisure/arts-a-crafts. For more information, call 655-4202.

Need a Gift?
Custom framing and engraving are available through the Arts and Crafts Center. Soldiers and civilians can choose between pre-made pieces or create their own with help from the staff. The engraving and framing staff can provide estimates and work with limited budgets. For more information, call 655-6330.



Arts and Crafts offers ceramic surfboards, mugs and other pre-made pieces ready for painting with the center's Paint and Take program.



Cassandra Rivers, a spouse of an active duty Soldier, paints a plate from the dozens of different clay pieces available in the Paint and Take section of the Arts and Crafts Center.



Carylynd Cintron Ala, framer, poses with vintage inspired Hawaiian art that will be sold in customized frames from the Arts and Crafts Center at an upcoming craft fair.

Briefs

Today

Service Adjustments — FMWR of-fices will experience more service adjust-ments. Review the commanding general, Installation Management Command, video at <https://youtu.be/JyDtOgqdXEc>.

Friday with Friends — This SB ACS support group meeting is a peer-support gathering for surviving family members, 9 a.m.-1 p.m. Currently, yoga is being offered during the “Friday with Friends” group support. Yoga will continue being offered until further notice. Call 655-4227.

Employment Orientation — This SB ACS class, 10-11 a.m., will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Information is offered on civilian sector opportunities, contractors, resume writing classes, career fairs and opportu-nities to further your career and educa-tion. Call 655-4227 for more details or to register.

Framing Classes — Framing classes offered, 9:30 a.m.-12:30 p.m., SB Arts & Crafts with a maximum of four students, \$75, and includes all supplies. Call 655-4202.

Fish Fryday — Traditional, all-you-can-eat buffet at FS Hale Ikena, 11 a.m.-2 p.m., includes fried fish, shrimp and fried clam strips, homemade hush puppies, potato wedges, corn on the cob and coleslaw, plus a 1/4 rack of snow crab (one portion per person), for \$17.95. Call 438-1974 or 438-6712.

“Big Hero 6” — Wear your favorite superhero costume for a chance to win super prizes at Movies on the Lawn. Blankets, chairs and outside picnic coolers are welcome; food and beverages will be available for purchase (cash only). Please, no glass or alcoholic beverages. Location is SB Stoneman Field; call 655-0111.

Paint and Sip — Grab a glass, an apron and a seat in the SB Tropics Ono room at the Tropics. A local artist will instruct you through an original piece of

SCHOLARSHIP RECIPIENT

Photo by Christine Cabalo, Oahu Publications

SCHOFIELD BARRACKS — Cadet Ryan Twigg-Smith (right) is named the Nainoa Hoe Scholarship of Honor recipient, Aug. 26. He poses with Vietnam veteran Allen Hoe of Kailua, the father of fallen Soldier Nainoa Hoe.

art, 7-9 p.m. All skill levels are welcome at \$35 per person. Call 655-5698.

10 / Saturday
Adventure Mountain Bike Level I — Join Outdoor Recreation on this beginner mountain biking adventure, 8:30 a.m.-12:30 p.m., to Kaena Point. Seals, turtles, whales or albatross sightings are not uncommon. Bring water, a snack and clothes you don’t mind getting dirty. All transportation (up to 12 people), instruction and equipment are provided at \$30/person. SB ODR is located at 435 Ulrich Way, Bldg. 2110. Call 655-0143.

Learn to Swim — Class registration opens, 9:30 a.m.-5 p.m., Sept. 10-11. Thirty-minute classes held Sept. 12-23, Monday, Wednesday, Thursday and Friday. Times are 3-5 p.m., Level 1-2, ages 3+, for \$60; Level 3-6, ages 5-years-old and up, \$70. Enrollment is limited. Call SB Richardson Pool at 655-9698.

13 / Tuesday
10 Steps to a Federal Job — Need help with your federal resume? Not sure how the federal job process works? Learn Spousal Preference, the Priority Placement Program for Spouses (PPP-S) and 10 Steps to a Federal Job at SB ACS, 9 a.m.-noon. Call 655-4227 to register.

Anime/ Manga Drawing Workshop — Learn how to draw a Hawaiian Vac-a-tion Girl in anime/manga style in just three sessions for \$45/person, ages 10 and up, at SB Arts & Crafts, 919 Hum-phreys Road, Bldg. 572. Call 655-4202.

14 / Wednesday
SB Library Teen Manga Club — Whether you’re a manga/anime expert or just getting into it, all teens are wel-come to join this club every second and fourth Wednesday of the month at 3:30 p.m. We’ll be discussing popular manga titles, anime titles and pushing our cre-ativity with various activities at Sgt. Yano Library, 1565 Kolekole Ave., Bldg 560. Call 655-8002.

17 / Saturday
Drags and Drifts — The 6th annual Drags and Drifts (car, truck and motorcycle show), noon-6 p.m., at SB Tropics. If you have a vehicle you have been dying to show off, register it at Tropics. Show activities include the 25th ID Band, live DJ music, adult Remote Control Car Challenge. (Bring your remote control car and race it through our challenging obstacle.) Also, enjoy the 4- to 8-year-old kids Super Hero Power Wheel Race (bring your power wheel, dress as your favorite superhero and race your friends). Participate in the Buffalo Wings Eating Contest, the Whip Cream Lifesaver Contest, the Minute to Win It and the Adult Tricycle Race.

18 / Sunday
Hale Ikena Sunday Brunch — Join Sunday brunch buffet, 10 a.m.-1 p.m., at \$24.95 per person; reservations encouraged. Breakfast is hosted at FS Hale Ikena, Bldg. 711, Morton Drive. Call 438-1974.

PS4 Tournament — Do you have game? Come out to the Tropics and prove it. Join us to play Mortal Kombat. Sign-up starts at 11 a.m.; games begin at noon. No participation fee. Winners receive \$25 for first place, \$15 for second place and a \$10 Exchange gift card for third place. Visit SB Tropics, Foote Avenue, Bldg. 589. Call 655-5698.

19 / Monday
Mongolian BBQ — Every Monday, join us at the SB Kolekole Bar & Grill for Mongolian barbecue, 5-8 p.m. Choose your own vegetables and meats for a delicious stir-fry. Call 655-4466.

20 / Tuesday
Resiliency through Art — This pro-gram focuses on self-expression through art in a small group setting. Registration is required. Every Tuesday, 9:30-11:30 a.m., SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

FS Preschool Storytime — Chil-dren 3-5 years old can listen to stories and sing and dance, 10-10:45 a.m., 181 Chapplear Road, Bldg. 650. Call 438-9521.

Taco Tuesdays — Every Tuesday at SB Kolekole Bar & Grill enjoy three tacos, rice and beans for \$4.99, from 5-8 p.m. Call 655-4466.

Quilting and Sewing — Join us every Tuesday for quilting and sewing, from 5-8 p.m. Cost is \$25, first class; \$6, each additional class. Recommended for ages 17 and older. For younger patrons, visit SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road or call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 5-8 p.m. Cost is \$100 for a once-a-week ses-sion for 10 weeks. Ages 17 and up are recommended. Visit the SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

21 / Wednesday
ACS Play Mornings — Meet other moms and dads, share information and parenting tips, and give your infant/ toddler a chance to interact with other children, 10-11 a.m., SB ACS, Bldg. 2091. Call 655-4227.

Burger Bar Wednesday — Join us at the FS Hale Ikena every Wednesday for a Grand Buffet hot dog and Burger Bar at Bldg. 711, Morton Drive. Call 438-1974.

Keiki Night — Every Wednesday, 5-8 p.m., join us at the SB Kolekole Bar & Grill for Keiki (kids) Night. Kids under 10 eat for only \$2.99 from the kids’ menu. Call 655-4466.

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Hawaii Woman Expo — This three-day weekend event is Fri-day, 3-9 p.m.; Saturday, 10 a.m.-6 p.m.; and Sunday, 10 a.m.- 5 p.m., at the Blaisdell Exhibition Hall. Free admission for military families, seniors and children under 7 years. Activities include sewing, quilting and crafts. Call 235-2358 or visit www.HawaiiWomanExpo.com.

Closure — TAMC PFC is closed through Sunday, Sept. 11, to allow for scrubbing and recoating of the gym floor. It will reopen 5 a.m., Monday, Sept. 12.

Federal Survey Card — At-tention, parents! Help gener-ate funds for Hawaii’s public schools! Federal survey cards were sent home with public school students Sept. 7. Please fill them out and return them, so you can help to generate \$40 to \$50 million in Impact Aid funds that will benefit all public school students statewide, including yours! For more info, contact the garrison’s School Liaison Office at (808) 655-8326.

“1776 - The Musical” — Tickets are available for Paliku Theatre’s fall production of the Tony Award-winning Broadway

musical, “1776.” The show runs through Sunday, Sept. 18, with weekend performances on the Windward Community Col-lege campus. To purchase tickets, call the Box Office at (808) 235-7310 or visit www.Paliku.com.

Moon Festival 2016 — Free street festival held in Honolulu’s Chinatown area, 5-10 p.m., Friday, and 9 a.m.-10 p.m. on Saturday, Sept. 9-10. Includes live entertainment and lantern parade.

10 / Saturday
Fisher House Run — Sign-up at 6 a.m. for the free Saturday, Sept. 10, 8K Hero & Remembrance Run, Walk or Roll 2016 that begins at the Pacific Aviation Museum on Ford Island. Event informa-tion and registration is at www.eventbrite.com.

Hiking — The Kolekole Trail (hiking and walking) is closed this weekend (Saturday and Sunday) due to live-fire training.

Sgt. Smith Theater Free Screening — Come to the studio appreciation free screening of a surprise new movie, 4 p.m., with doors opening at 3 p.m. Tickets are available for this PG-rated movie at the Schofield Food Court.

University of Hawaii Football — Warriors open their home season with a 6 p.m. kickoff. Tickets at Aloha

Stadium’s box office, online at www.hawaiiathletics.com or call 944-2697.

Sea Life Park — From Sept. 10-18, visit the park with a grandparent and get a special admission rate of \$12.50 with tax. For more details about celebrating with grandparents, call 259-2500 or visit www.sealifeparkhawaii.com.

11 / Sunday
11th Annual Mayor’s Remembrance Walk — This event will pay tribute to the victims of 9/11 and be held beginning at 5 p.m. in front of the Honolulu Police Department Headquarters, at 801 South Beretania St. Free parking will be available at the Frank F. Fasi municipal parking lot. Call the Mayor’s Office of Culture and the Arts at 768-6622 or visit honolulu.gov/moca.

13 / Tuesday
Sergio Mendes — The Grammy winner brings his swinging Brazilian musical styling to the Blaisdell Concert Hall, 7:30 p.m. Tickets at (866) 448-7849 or ticketmaster.com.

17 / Saturday
Youth Centers Closure — FS, AMR and SB Youth Centers are closed due to the Boys and Girls Club Day for Kids event on Saturday, Sept. 17. The event will be at SB Sills Field. Call 656-0093.

18 / Sunday
Comic Jam Hawaii — Pearl-

ridge shopping mall hosts a regular social event of local art-ists who create collaborative car-toons, illustrations and sketches while “talking story,” 1-4 p.m. Approximately one dozen ar-tists, professionals and hobbyists, will gather and create coopera-tive art. Keiki and their families are invited to participate or just watch these comic masters in action, Sundays, Sept. 18, Oct. 2 & 16 at the mall’s Downtown Center Court.

12th Annual Hunger Walk — A 1-mile walk will raise needed funds for Hawaii Foodbank member agencies from 8-11:30 a.m. Check in is at 8 a.m., the walk begins at 9 a.m., and entertain-ment goes from 9:30-11:30 a.m. on Frank F. Fasi Civic Center Grounds. Visit www.hawaiifoodbank.org/annual-hunger-walk.

20 / Tuesday
Facebook Town Hall — Gar-rison Commander Col. Stephen Dawson hosts the quarterly online garrison town hall, 6-7:30 p.m., at USAG-HI’s Facebook “Events” page – <https://www.facebook.com/usaghawaii>. Soldiers, family members and civilians are invited to ask ques-tions or provide comments.

21 / Wednesday
Chick Corea — The influen-tial and legendary jazz pianist, owner of 22 Grammys, performs fusion to bebop to symphonic, 7:30 p.m., at the Blue Note Hawaii, Sept. 21-23. Tickets are \$45-65. Call 777-4890 or visit bluenotehawaii.com.

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
ODR: Outdoor Recreation
PFC: Physical Fitness Center
SB: Schofield Barracks

Suicide Squad

(PG-13)

Fri., Sept. 9, 7 p.m.

Jason Bourne

(PG-13)

Sun., Sept. 11, 5 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations
8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reserva-tion

DPW cleans up trash at Mokuleia Army Beach

CHRISTINE CABALO
Staff Writer

WAIALUA — Mokuleia Army Beach, here, once a filming location of monsters on the TV series “Lost,” recently was plagued by another type of threat.

U.S. Army Garrison-Hawaii staff slew the monster of trash and other illegally dumped bulk items choking out the sandy white beach during a cleanup held Aug. 24.

The beach, located near Dillingham Airfield, is open to the public and adjacent to Army training areas and well-used recreation sites.

Members of the Directorate of Public Works brought out heavy equipment and extra staff to remove the 11.61 tons, or approximately 23,200 pounds, of solid waste from the area.

“We found car parts and a lot of loose trash all along the beach,” said Richard Kauahi, from the Business Operation Division of the DPW. “There were grills, tires and all kinds of things that got left behind.”

During the day, the beach is picturesque, but at night, it can get very dark with minimal streetlights and become vulnerable for illegal dumping, said Kauahi.

“It’s a shame because the beach has beautiful white sand,” he said. “The water is very clean, so you can snorkel or go fishing and swimming.”

Before the cleanup, it was hard to see the beauty for Sgt. Maj. Donald Thompson, the noncommissioned officer in charge for DPW.

“It was all trash, with trash bags all up and down beach,” he said. “There were so many bags, and there were also



Photos courtesy of the Directorate of Public Works, U.S. Army Garrison-Hawaii
DPW staff use heavy equipment to clean 11.6 tons of solid waste from the Mokuleia Army Beach area, Aug. 24.

homeless folks sleeping on the ground.”

Although DPW removed tons of trash, Thompson said there were no problems removing the heavier items.

“We brought in the right equipment and then also did eight hours of work,” he said. “We had loaders and backhoes that could move to the location of the heavy items, then drag it out, grab it and put it in dumpster. The equipment came from DPW.”

Thompson and Kauahi said if anyone sees illegal dumping while at the beach, they should notify law enforcement. Thomspon said beachgoers can take down the license plates of dumpers and contact the Provost Marshal’s Office.

The public can also call the Honolulu Police Department about trash, or if they notice homeless encampments

that are illegally in the area. However, the simplest practice Thompson said beachgoers can do is to not litter.

“If you have trash, take it with you,” he said. “Or, if you see it, pick it up. Don’t be the person that says (I) pick up trash – but (then I) litter.”

Stopping Illegal Dumping

The Directorate of Public Works recommends if the public sees any illegal dumping at Mokuleia Army Beach to call the Schofield Barracks Provost Marshal’s Office at 655-7114. Callers can also take down license plates and other identifying information to give to police.



Illegally dumped trash and litter is cleared from Mokuleia Army Beach, near Dillingham Airfield, Aug 24. Staff from DPW used heavy equipment, including backhoes and loaders, to reach the heavier items.



Staff from USAG-HI find car parts, litter, grills and all types of illegally dumped bulk items during the Aug. 24 cleanup.

Commissary patrons can save on emergency supplies

September is National Preparedness Month

KEVIN L. ROBINSON
Defense Commissary Agency

FORT LEE, Va. — Planning for the worst is a no-brainer when you consider the recent weather events we’ve had, such as historic flooding in southeast Louisiana and the storm rampage on the east coast.

National Preparedness Month in September draws attention to the wisdom of making an emergency plan for any crisis, said Tracie Russ, sales director, Defense Commissary Agency.

“Whether it’s natural or manmade, a crisis doesn’t conveniently occur on schedule,” Russ said, “so during National Preparedness Month, we remind our patrons that they can use their commissary benefit and save money to prepare their survival kits.”

Specials

Since April 1, DeCA’s severe weather preparedness promotional package is offering various items at reduced prices until Oct. 31. This package includes beef jerky and other assorted meat snacks, soup and chili mixes, canned goods, powdered milk, cereals, batteries, airtight bags, weather-ready flashlights, tape (all-weather, heavy duty shipping and duct), first-aid kits, lighters, matches, lanterns, candles, hand sanitizer and anti-bacterial wipes. Specific promotional items may vary from store to store.

“The flooding in Louisiana has displaced thousands of people and emphasizes to us all the importance of being ready for the unexpected,” Russ said. “Thanks to our industry partners, commissaries are offering savings on



Courtesy of ready.gov

many of the items our patrons need in an emergency.”

Peak season

National Preparedness Month coincides with the peak activity for hurricanes in the United States. The hurricane season runs from June 1 through Nov. 30.

The emphasis on being prepared is echoed by the theme, “Don’t Wait, Communicate. Make Your Emergency Plan Today,” which encourages people to create an emergency plan and share it with their loved ones.

Generally, emergency preparedness officials suggest having a disaster supply kit that includes the following items:

- Water – at least one gallon daily, per person (three-day supply for evacuation; two-week supply for home).
- Nonperishable foods – canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly (three-day supply for evacuation; two-week

supply for home).

- Paper goods – writing paper, paper plates, paper towels and toilet paper.
- Cooking items – pots, pans, baking sheets, cooking utensils, charcoal, a grill and a manual can opener.
- First-aid kit – including bandages, medicines and prescription medications.
- Cleaning materials – bleach, sanitizing spray, and hand and laundry soap.
- Specialty foods – diet and low-calorie foods and drinks.
- Toiletries – personal hygiene items and moisture wipes.
- Pet care items – food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags.
- Lighting accessories – flashlight, batteries, candles and matches.
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible).
- Duct tape, scissors.
- Multipurpose tool.
- Copies of personal documents (medication list and pertinent medical

information, proof of address, deed/lease to home, passports, birth certificates and insurance policies).

- Cell phone with chargers.
- Family and emergency contact information.
- Extra cash.
- Emergency blanket.
- Maps of the area.
- Blankets or sleeping bags.

More Online

Commissary patrons can go to https://commissaries.com/disaster_prep.cfm to learn more about specific disaster preparedness resources for emergencies.

For more information about National Preparedness Month, go to www.ready.gov/September and www.ready.gov/considerations/military-family-preparedness.

Watch DeCA’s YouTube about saving money on the purchase of emergency supplies at your commissary at <https://www.youtube.com/watch?v=fcKp3cQakMw>.

Also, go to these websites:

- The National Oceanic and Atmospheric Administration, www.nhc.noaa.gov/prepare/ready.php and www.nws.noaa.gov/com/weather/readynation/prep.html.
- The Centers for Disease Control, <http://emergency.cdc.gov/preparedness/index.asp>.
- The Red Cross, www.redcross.org/prepare/disaster.
- The Federal Emergency Management Agency, www.ready.gov/hurricanes.

Best-selling author offers advice at baby shower, TAMC

Story and photo by
WILLIAM SALLETT
Tripler Army Medical Center Public Affairs

HONOLULU — Heidi Murkoff, best-selling author of the “What to Expect” book series, visited with mothers and family members of newborn babies, here at Tripler Army Medical Center, Aug. 30.

During her visit, Murkoff toured the facility, visited with new mothers and handed out signed copies of her newest book.

“This is really a great opportunity for us,” said Heidi Murkoff. “We love being able to visit these new mothers, and this is our way of showing our appreciation and support for the service members and their families.”

Murkoff and her husband, Eric, have been touring around the world and visiting U.S. military installations for more than four years now, and she claims she has no intention of stopping.

“We will definitely be coming back next year,” said Heidi Murkoff. “This started by accident four years ago, but now we look forward to every trip we

take. This really is a highlight for my year.”

Along with her visit to TAMC, Heidi Murkoff also conducted multiple baby showers for expecting mothers or mothers who recently gave birth, which featured traditional baby shower activities and included a question-and-answer session between herself and the new mothers.

Heidi Murkoff’s visit has been organized by the USO since 2013, and it’s part of the USO’s mission of strengthening America’s military by connecting them to family, home and country.

Evident by how quickly the spots filled up for the baby showers, the program is receiving a great response from the community, and the USO is hoping to expand the program to more military installations around the world.

“The Murkoff’s visit and the Special Delivery showers provide the opportunity for military moms to bond with other moms in their communities who are going through similar

experiences,” said Carlos Rowe, USO Hawaii Director. “This is an exceptional opportunity, and we are extremely

happy to be able to bring this program to Hawaii and Tripler Army Medical Center.”



Courtesy photo

Heidi Murkoff (center), best-selling author of the “What to Expect” book series, visits with a mother of a newborn baby, Aug. 30, at TAMC. Murkoff also conducted multiple baby showers at the Honolulu USO and answered questions.

Soldiers’ Chapel honors Hawaiian queen’s birth

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — With songs and prayers spoken in Hawaiian, it was a celebration fit for royalty when participants gathered to commemorate Queen Lili‘uokalani’s birthday at the Soldiers’ Chapel, here, Sept. 2.

The religious commemoration service marked the 178th anniversary of the queen’s birth and the commissioning of her section of Soldiers’ Chapel to U.S. Army Garrison-Hawaii.

Queen Lili‘uokalani was the last reigning monarch of Hawaii before it became an annexed part of the United States.

“The records from the period said (the Soldiers’ Chapel dedication) was a very special event, and they even dedicated a whole new road for dignitaries of the time to use,” said Kenneth Hayes, architectural historian, Directorate of Public Works-Environmental, USAG-HI.

“Some of the guests were the territorial governor and local religious officials. The queen came bearing even more gifts.”

Part of the queen’s lasting gift to the Army includes the front entrance of the chapel, which was built in 1913. The steeple and entrance were merged with another historic chapel, and the structure was moved from its previous location along Lyman Road to its current home at D-Quad near Foote Avenue in 1925.

Modern-day local religious officials, USAG-HI personnel and civilian guests of native Hawaiian ancestry were at the ceremony.

During the service, participants learned about the life of Queen Lili‘uokalani and how even in her later years she rolled bandages to aid in the World War I effort. They also sang one of her original musical compositions she wrote while under house arrest at Iolani Palace.

After presenting native flowers and



Queen Lili‘uokalani

plants in front of a portrait of the queen, Alii Sir Edward Akana, a native Hawaiian chief in the Royal Order of Kamehameha

I, spoke about the historical records of her generosity.

“As you have heard, she spent all of her life and her last years loving and giving, based on her ruling life,” Akana said. “There was love and kindness, and she had a passion to uphold Hawaiian life and the tradition of first people who have come to Hawaii.”

He and Barbara Vlachos, who played ukulele, also paid musical tribute to the monarch.

Hawaiian language prayers were offered alongside chaplains who spoke in English representing USAG-HI. After the prayers, participants were encouraged to spread the peace between each other. Several native Hawaiian guests reached out to hold hands with Army personnel.

With history repeating itself, the ceremony concluded with the chaplain office receiving gifts in thanks to Queen Lili‘uokalani. They were gifted wooden crosses from Waianae and new books from their civilian guests.



Participants in the Queen Liliuokalani Birthday Commemoration Service held Sept. 2 exit historic Soldiers’ Chapel, which the queen commissioned. Among the guests were Col. Stephen Dawson, commander, USAG-HI, and Command Sgt. Maj. Lisa Piette-Edwards, senior enlisted adviser, USAG-HI.



Father Kaleo Patterson of St. Stephen’s Episcopal Church offers wooden crosses carved from Waianae and presents books to USAG-HI chaplains during the commemoration service, Sept. 2.

NCOIC provides an inside look at myths about chaplains

In Part 2 of 2, section, assistants get reviews

SGT. 1ST CLASS
TIMOTHY F. SEPPALA
94th Army Air and Missile Defense Command

JOINT BASE PEARL HARBOR-HICK-AM — Chaplains, chaplain assistants and the chaplain section each have specific duties.

Last week, I covered what a chaplain does; this week, I’ll review the others.

Chaplain Assistants

Like our officer counterparts, chaplain assistants are also quite misunderstood within the greater enlisted structure.

The name itself, “chaplain assistant,” feeds quite well into the misunderstanding, which is why it is in the process of being changed to religious affairs specialist. Although the name has been updated in Army Regulation 165-1 (Army Chaplain Corps Activities), other regulations and doctrine need to be updated before the change can fully take place, so I will continue using our ambiguous, but recognizable name of chaplain assistant.

I think the best way for me to explain some of the qualities that make the chaplain assistant unique is to dispel some of the more prevalent myths.

Myth One, we are not the chaplain’s bodyguard. I know that may bruise the ego of some of my more insecure colleagues, but it is true.

To be more accurate, we coordinate security for the team, which does include the chaplain assistant, but in most situations is not exclusively the chaplain assistant.

Myth Two is one of my favorite misconceptions: We are the chaplain’s secretary or aide. Not true. I can honestly say that in my 16 years as a chaplain assistant, I have never managed the schedule



or calendar for a chaplain.

It is true that a lot of the time chaplain assistants will draft memorandums, standard operating procedures and the section’s input into military orders, but that does not make the chaplain assistant any more of a secretary than a platoon sergeant is.

Myth Three is that chaplain assistants are “assistant chaplains.” Again, not true.

Sure, some chaplain assistants aspire to become a chaplain, but the truth is, the Soldiers who make up the enlisted portion of the Chaplain Corps join for a vast variety of reasons. A chaplain assistant does not need any specific religious training or belief.

What do assistants do?

Now here is the question I have been asked more times than I can count: “What do you do?” My answer is “a little bit of everything and a whole lot of nothing” – a comical, but not entirely untrue statement.

Chaplain assistants manage every aspect of what makes religious support work in a unit and in a garrison. Chaplain assistants are somewhat of a jack-of-all-trades. We manage equipment and facilities, we account for all the financial intakes and expenditures of a chapel community, and we manage personnel.

Chaplain assistants are the only Soldiers who start their career as a battalion staff section noncommissioned officer in charge. Yes, you read that right. The brand new chaplain assistant in your battalion with the rank of private is the bona fide section NCOIC.

As we go up in the ranks, our responsibilities, as well as our sphere of influence,



Photo by Staff Sgt. Armando Limon, 3rd Brigade Combat Team, 25th Infantry Division

SCHOFIELD BARRACKS — Chaplain assistants – Sgt. Brenton Grierson (left), Sgt. Gabrielle Jackson (middle) – show Chaplain (Capt.) Kevin McCarty how they tie down a simulated wounded Soldier, here, during past mass casualty training.

expand exponentially. At the brigade-level, our primary purpose is the training and management of the battalion unit ministry teams. However, the primary job of a chaplain assistant is reflected in the new name of religious affairs specialist.

You see, religious affairs is a joint term that can be fully explained in Joint Publication 1-05. Religious affairs specialists analyze the multiple aspects of religion and their effect on military operations.

Yet, we do still assist the chaplain with religious support to the unit.

The Chaplain Section

The chaplain section is commonly known as the unit ministry team or UMT. This designation is only accurate at the brigade and battalion level. At levels above brigade, it is known as the Chaplain Section.

The Chaplain Section is a full-fledged staff section that is not subordinate to

any other staff section and is responsible for and required to produce its own portion of unit operation orders, tactical and garrison standard operating procedures, and to participate in various meetings and working groups along with the staff.

I do have, though, just one more thing that separates the Chaplain Corps as a whole from almost all other support branches: The Army Chaplain Corps has a total of eight Medal of Honor recipients. Seven chaplains – John M. Whitehead, Francis B. Hall, James Hill, Milton L. Haney, Emil J. Kapaun, Charles J. Watters, Angelo J. Liteky – and one chaplain assistant, Calvin P. Titus, have all earned our nation’s highest honor.

Not too bad for a “soft skill” corps!

“Pro Deo Et Patria”

(Editor’s note: Seppala is the senior religious affairs noncommissioned officer in charge at 94th AAMDC.)



Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR:	Aliamanu Chapel
FD:	Fort DeRussy Chapel
HMR:	Helemano Chapel

MPC: Main Post Chapel, Schofield Barracks

PH: Aloha Jewish Chapel, Pearl Harbor

SC: Soldiers’ Chapel, Schofield Barracks

TAMC: Tripler Army Medical Center Chapel

WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex

- 11 a.m. at TAMC

- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

• Friday, 7:30 p.m. at PH

Pagan (Wicca)

• Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
- 9 a.m. at MPC
- 9 a.m., at FD, TAMC Chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 11:30 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 10 a.m. at WAAF

New Tripler commander gets air time

TAMC leader talks on Zika virus to listeners

Story and photo by
JIM GOOSE GUZIOR
Tripler Army Medical Center Public Affairs
HONOLULU — Col. Andrew Barr, commander, Tripler Army Medical Center, was hosted, Aug. 30, on the Mike Buck Radio Show, here.

Buck performs daily, giving the latest news and talk affecting the Hawaii area. He often hosts local military on the KHNR radio station AM 690.

Buck is also a former Marine that has been an on-air talent in radio for over 50 years and has served in the Marine Corps during the Vietnam war.

He introduced Barr to the local Hawaii community or “ohana” and discussed the Zika virus.

“Prevention of mosquito and insect borne illnesses is usually pretty straightforward, and it starts with personal protection,” said Barr. “As with anything, it’s diligence and protecting yourself as you go out into the environment.”

Barr also talked about what the Army is doing as deployments have decreased on the island.

“All of the facilities we have, especially on the Army-side now, are really focused on our primary responsibility as an Army, which is readiness,” said Barr. “On the medical side, we’re constantly honing our skills for the next time we are called up.



Col. Andrew Barr, commander, TAMC, chats on the Mike Buck Radio Show in Honolulu, Aug. 30. Buck performs daily doing the latest news/talk affecting the Hawaii area and often hosts local military personnel on the KHNR radio station AM 690.

“The great thing about Tripler and the amount of services we provide, is that we can provide excellent training opportunities to our doctors and nurses and support staff as they perform these duties,” Barr added.

Point of Contact
Call Tripler Army Medical Center at 433-6661.

Zika Virus
Get more details on the Zika virus at <https://www.cdc.gov/zika/> or at <http://www.cdc.gov/zika/about/>.
For the latest details in Hawaii, review http://health.hawaii.gov/docd/dib/disease/zika_virus/.

TRICARE wants everyone to live well by taking sensible steps

Healthy Aging Week benefits all for lifetime

TRICARE
News Release
According to the Centers for Disease Control, 45 million adults in the United States are 65 or older. By 2050, that number is expected to reach 80 million, or about 20 percent of the population.

Americans are living longer than ever before, and TRICARE wants you to have the highest quality of life as you age.

Many Medicare beneficiaries are subject to chronic diseases, such as heart disease, cancer and diabetes. Age also brings a higher risk of dementia and

infectious disease.
Alzheimer’s is the 6th leading cause of death in the United States. Infectious diseases such as flu and pneumonia affect the older population much more than younger populations. But there is hope!

Much of the illness, disability and premature death from these conditions can be prevented with healthier behaviors, more supportive environments and better access to preventive services.

Healthy behaviors can include eating healthy foods, following the Dietary Guidelines for Americans. Also, you should get regular check-ups with your

doctor and live an active lifestyle.
The CDC recommends getting 150 minutes of moderate intensity exercise per week. It is also important to do strength training twice a week. Try to do a variety of activities such as walking, biking or swimming. It makes exercising more fun and reduces risk of injury.

If you are at risk of falling or have trouble walking, you should complete balance training at least three days a week. These exercises include backwards walking, sideways walking and heel or toe walking. Also, practice standing from a sitting position, and Tai chi, a Chinese martial art, can help with balance, too.
If you have a chronic condition or

a disability, regular activity can still improve your quality of life and reduce your risk of developing other conditions. Talk to your doctor to develop a physical activity plan that matches your abilities. Some exercise is better than nothing at all, according to the CDC.

Podcasts
Hear the latest information about these topics online:
•Prostate cancer,
•Healthy Aging Week and
•Benefits after age 65.
Visit the site www.tricare.mil/ podcast.

TAMC TIP Eating at School



Back to school time means it's also time to think about safety and the health of our keiki.

Most schools regularly send schedules of cafeteria menus home. With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.

•Try to get your child’s school to stock healthy choices, such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in their vending machines.

•Note that each 12 ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child’s risk of obesity by 60 percent, so restrict your child’s soft drink consumption.

•Pack your child some healthy food.

Visit <https://www.choosemyplate.gov>.

